PENDING CLAIMS

Please amend the claims as follows:

1.   (Amended) A method for transmitting data <u>using a single channel</u> comprising the steps of:

transmitting a message indicative of the rate of said data and the time interval over which said data will be transmitted at said rate; and

transmitting said data at said rate during said time interval.

2.   (original) The method of Claim 1 wherein said message comprises:

an indication of the tram type;

an indication of said rate of said data; and

an indication of said time interval.

3.   (original) The method of Claim 1 wherein said message comprises:

a two bit indication of the frame type;

a four bit indication of said rate of said data; and

a four bit indication of said time interval.